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CHECK YOUR DIET TODAY

There's an accent on youth in nutrition work these days, and

_____ county 4-H Club boys and girls take their diets seriously.

_____, _____, _____, explains that at the
(Name) (Title) (Place)
beginning of each club year the members check their own diets against a
list of the protective foods. Then they can tell whether they are getting
the right food, and learn where their diets need improvement.

Here is the 4-H list of protective foods. It is also suitable as
a guide to a good daily diet for any growing boy or girl:

MILK $1\frac{1}{2}$ pints to 1 quart

BUTTER 1 to 3 servings

FRUITS AND VEGETABLES 4 to 5 servings

(Interchangeable to some extent)

A good balance is:

- 1 serving of potato.
- 1 serving of citrus fruit, tomatoes,
or raw cabbage.
- 1 serving of green- or yellow-colored
vegetable.
- 2 additional servings--fruits or vegetables
(emphasize green or yellow kinds).

WHOLE-GRAIN BREAD OR CEREALS 1 to 2 servings.

EGGS, MEAT, FISH, CHEESE, DRIED BEANS, OR PEAS . 2 servings.

TOTAL LIQUIDS (WATER, MILK, SOUP, BEVERAGES) . . 2 quarts or more.

Drink water as soon as you get up in the morning.

COD LIVER OIL 1 teaspoon.
(A fine supplement in winter when
you cannot afford plenty of whole
milk, butter, eggs, and green-
colored vegetables.)

"Stress these foods, if you want a good diet," _____
advises. These are the foods that give boys and girls strong bodies,
alert minds, and a happy outlook on life.

"If your diet doesn't measure up to the standard, there are plenty
of things you can do about it. Enlarge the family garden plot so there
will be more fruits and vegetables for eating fresh and for canning.
Start or increase the poultry flock. Take up a 4-H dairy project. Help
with the family meal planning, so your daily diet will be sure to include
the right assortment of food. And learn to cook so as to conserve food
values."

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